WORKSHEET 49 · FOR THE PSYCHOLOGIST

My network here and there

Mapping social support in two countries

AIM

Help the person visualise their support network in their country of origin and in their host country, spot what is missing (often everyday, in-person support) and plan small steps to fill the gap.

WHO IT IS FOR

Loneliness, isolation after settling in, accompanying partners, international students.

DURATION

20 min in session

HOW TO RUN IT

1. Draw two circles: “here” and “there”. In the centre, the person; around them, close people; further out, acquaintances.
2. For each person, what kind of support do they provide: listening, practical help, leisure, advice, belonging?
3. Identify the types of support missing where they live (often practical help and physical presence).
4. Look for possible sources: colleagues, neighbours, associations, communities speaking the same language, regular activities.
5. Choose a small social step for the week.

POINTS TO WATCH

> Don’t minimise loneliness: it is a significant risk factor. Long-distance bonds are still valuable; it is not about replacing them, but about completing the network where the person lives.

REFERENCES

Ward, C., Bochner, S. & Furnham, A. (2001). The Psychology of Culture Shock (2nd ed.). Routledge.

Bhugra, D. & Becker, M. A. (2005). Migration, cultural bereavement and cultural identity. World Psychiatry, 4(1), 18-24.

PSYCHOLOGIST’S NOTES

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications

WORKSHEET 49 · WORKSHEET TO HAND OUT

My network here and there

When you live far away, the people who matter are often in another country. They are still important, but you also need support here, day to day. Take stock of your network, on both sides.

1. List the people who matter to you, here and there.
2. For each one, note the type of support: listening, practical help, leisure, advice.
3. Identify what you are missing here.
4. A small step to build connections here this week: _____

Person	Here or there	What they give me	Last contact

What kind of support do I miss most where I live?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

© 2026 Gonzalo Garzo, clinical psychologist · gonzalogarzo.com · CC BY-NC-ND 4.0: free to share, no commercial use or modifications